

Colonial Heights Recreation & Parks Spring/Summer 2013 Activity Guide



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Berberich/Fort Clifton Park
100 Brockwell Lane
Colonial Heights, VA
(804)520-9390

Saturday	May 11	10:30am - 5:30pm
Sunday	May 12	12:00pm - 5:30pm

There will be Live Entertainment from local groups on both days, including “The Rotations” on Saturday and “Casper” on Sunday. Times are yet to be determined.

Free Admission
Free Parking
Over 100 Exhibitors
Concessions
Pony Rides
Inflatable Games
Live Entertainment
Demonstrations
Door Prizes
Raffles



COLONIAL HEIGHTS RECREATION AND PARKS DEPARTMENT

Office Hours: Monday - Friday 8:00am - 5:00pm
P.O. Box 3401 / 901 Meridian Avenue
Colonial Heights, VA 23834
www.colonialheightsva.gov



Recreation and Parks Office	(804)520-9390	Senior Activities & Classes	(804)520-9220
Recreation and Parks Fax	(804)520-9203	Senior Transportation	(804)520-9219
Youth and Adult Athletics	(804)520-9391	Teen Center	(804)524-8717
Classes, Special Events & Trips	(804)520-9390	Weather Cancellation Line	(804)524-8788
Parks Office	(804)520-9204	Violet Bank Museum	(804)520-9395

NAME	TITLE	PHONE	EMAIL
Craig Skalak	Director	520-9224	skalac@colonialheightsva.gov
Jimi Bowman	Facilities Superintendent	520-9204	bowmanj@colonialheightsva.gov
Matt Spruill	Recreation Superintendent	520-9392	spruillm@colonialheightsva.gov
Russell Woodburn	Museum Curator	520-9395	woodburnr@colonialheightsva.gov
Beckie Childers	Recreation Specialist III	520-9220	childersb@colonialheightsva.gov
Eileen Drake	Recreation Specialist II	520-9220	drakee@colonialheightsva.gov
Kimberly Barrow	Recreation Specialist II	520-9390	barrowk@colonialheightsva.gov
Tom Gates	Recreation Specialist II	520-9391	gatest@colonialheightsva.gov
Jim Wilson	Transportation Coordinator	520-9219	wilsonj@colonialheightsva.gov
Suzanne Rountree	Administrative Assistant	520-9390	roundtrees@colonialheightsva.gov

REGISTRATION

REGISTER BY MAIL

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks
P.O. Box 3401
Colonial Heights, VA 23834

drop box), and placed in a sealed envelope labeled Recreation and Parks. Uniform returns must have the child's name attached to it. The drop box will be checked every morning. Placement of registration form and payment in the drop box does not guarantee enrollment in the class or activity. It is the registrant's responsibility to verify receipt of those materials. The Drop Box is located in front of the Community Center at 157 Roanoke Avenue.

An Important Note about Registering Children: Use your own information when filling out the online registration account request form, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.

REGISTER BY PHONE

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.

REGISTER IN PERSON

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office
Shepherd Stadium
901 Meridian Avenue
Colonial Heights, VA 23834

AFTER HOURS DROPBOX

We now have a Drop Box for after hours collection of registrations, payments and uniforms. Drop Box registrations must have a completed registration form (signed), full payment by check (do not put cash in the

REGISTER ONLINE

To register online, please visit:

<http://activenet2.active.com/colonialheightsva/>.

Before registering for activities, you must establish an online registration account and receive your Customer ID and Password. This is how you create an online registration account:

- 1) Click on the My Account button.
- 2) Fill out the form for New Account Request completely.
- 3) You will receive an email containing your Customer ID and Password once your account has been approved. This email is normally sent to you within 24 hours of requesting an online registration account. Be sure to keep a record of your password. Write down your password as you will need it to register online in the future.

PAYMENT OPTIONS

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time.

**Please make checks payable to:*

"City of Colonial Heights"

***\$35 fee may apply for returned checks*

ON THE COVER

A group of kayakers prepare for a day on the Appomattox River. The picture shows the boat ramp at Roslyn Landing Park. The park is a popular place for boaters, kayakers and fishing. Areas are set aside with benches for fishing adjacent to the gravel parking area at the park. For more information about this and all of our other parks and facilities please look on pages 4-5.

PARKS

PARK INFORMATION

7:00 am - 9:00 p.m. (April 1st - Oct 31st)
 7:00 am - 5:00 p.m. (Nov 1st - March 31st)
 Picnic pavilion reservations begin the first working day of December for the following year for all parks. Grills and trash cans are provided at all paid pavilions. Park restrooms and electricity are available for use April 1st - October 31st only. Number of Pavilions available for rent: Berberich Park/Ft. Clifton (1), Lakeview Park (1), White Bank Park (2) Individual Pavilions are located at all the parks and seat up to 8. They are on a first come first served basis.

PAVILION RENTAL FEES

Please keep your receipt and take it with you on the day of your rental. Rental fee must be paid at the time of making your reservation. NO REFUNDS.

City Residents	\$15.00
City Businesses	\$15.00
Non-profit; within city	\$00.00
Non-profit; outside city	\$15.00
Non Resident	\$50.00
Outside Businesses	\$50.00

We also have the items below available for use during your party or event. There are limited quantities, so please call ahead for availability. There is a \$20 deposit required for rental of items below. The \$20 deposit will be returned once the items are returned.

Coolers	\$10.00
Coffee Pots	\$10.00
Tables	\$ 5.00
Activity Packs	\$15.00

Activity Packs include horseshoes, kick-ball, basketball, football, jump ropes, disc golf set, soccer ball, volleyball and throw down bases.

ROSLYN LANDING PARK

(265 Charles Dimmock)

Located behind Colonial Heights Animal Shelter off Charles Dimmock Parkway. This Park is a part of C.H.A.R.T.S.

Amenities: Boat Ramp, pier and walking/ biking trail

APPAMATUCK PARK

(151 Archer Avenue)

Located on the Colonial Heights side of the Appomattox River off Archer Avenue

This is a passive Park and is a part of the Colonial Heights Appomattox River Trail System. Future amenities are planned.

FORT CLIFTON PARK

(100 Brockwell Lane)

Located behind Tussing Elem School
 Pavilion accommodates up to 60 people.
 Amenities: Fishing pier, single picnic shelters, ball field, playground, bandshell, hiking trails, amphitheater, a rentable pavilion, and Civil War Campaign Signs.

WHITE BANK PARK

(400 White Bank Road)

Located across from Tussing Elementary on White Bank Park Road off of Conduit Road.
 Amenities: Playground, open space, two pavilions that accommodate up to 200 people, 8 individual picnic shelters, multi-purpose play areas, volleyball court, scenic overlook, fishing pier, boat ramp, and disc golf course.

FLORAL AVENUE PARK

(1007 Floral Avenue)

Located on corner of Westover and Floral Ave
 Amenities: Playground, open space, and a basketball goal.

EDINBOROUGH PARK

(800 Edinborough Drive)

Located in Edinborough Subdivision off Conduit Road
 Amenities: Playground, individual picnic shelter, and open space

LAKEVIEW PARK

(503 Lake Avenue)

Located at Swift Creek Lake on Pickett Avenue
 Pavilion accommodates up to 60 people.
 Lakeview Park has been developed through community donations from civic organizations, businesses and individuals, with less than 50% of city funds utilized in the development. Amenities: Playground, tennis courts, fishing dock, boat ramp (no gasoline powered boats allowed), an individual picnic shelter, and a rentable pavilion.

WAKEFIELD PARK

(2200 Wakefield Avenue)

Located on Wakefield Avenue between E. Street and F. Street
 Amenities: Playground Equipment and open space

FLORA HILL PARK

(300 Richmond Avenue)

Located at the intersection of Norfolk and Lafayette Avenue; Home of Halloween in the Park" each October.
 Amenities: Open Space, trails, and a playground

COLONIAL HEIGHTS APPOMATTOX RIVER TRAIL SYSTEM C.H.A.R.T.S.

The Colonial Heights Appomattox River Trail System (C.H.A.R.T.S.) greenway will inspire the community by improving the quality of life for its residents and enhance economic development opportunities along it. Its development will occur in phases as resources allow, remaining consistent with previously approved concepts for the Appomattox River, the City of Colonial Heights Comprehensive Plan and the Parks and Recreation Master Plan. Park Features will include Restrooms, Picnic tables and benches, Gazebo, Fishing areas, 10,000 Linear Feet of hard-surfaced trail, Small boat launch at Roslyn Landing Park, Uniform signage system, Canoe launch area and Spur trails and linkages to various points of interest, including adjacent developments. The first two phases are complete and include more than 1 miles worth of paved waling trail, fishing areas, boat launch and a pavilion. Other amenities will be added as funds become available.

FACILITIES

WAR MEMORIAL

(Located on the Boulevard between Lee and Lafayette Ave)

A memorial tribute to the Military Personnel who have passed away serving our Country courageously and with honor. Services are held each Memorial Day and Veterans Day by the Veterans of Foreign War and the American Legion Post #284.

SKATEBOARD PARK

(Located behind Colonial Heights Vocational School on Conduit Road)

The Skateboard Park is used for BMX bikes, roller blades and skateboards. Hours are dawn to dusk daily. **THE SKATEPARK IS AN UNSUPERVISED FACILITY.** Helmets and proper knee and arm pads are recommended. In case of Inclement weather the Skatepark will be closed. Check the cancellation line updates: 524 - 8788.

COMMUNITY CENTER

(157 Roanoke Avenue)

The Community Center encompasses the Teen Center, Community Room, and Senior Center. The Community Room is open to Colonial Heights residents for reservations for club meetings, senior citizen & teen activities, birthday parties, baby showers, wedding receptions, anniversaries, etc. The Community Room rental fee is \$50.00 per day. Available rental times: Monday - Friday 4:30 p.m. - 11:00 p.m.; Saturday - Sunday 8:00 am - 11:00 p.m. The Community Room has a maximum occupancy of 93 people, has a stage, kitchen, and a piano. A rental contract must be on file and the rental fee **must be paid at the time** of making your reservation. Rental keys can be picked up by 5:00 p.m. the day of the reservation. Weekend/holiday rental keys must be picked up by 5:00 p.m. on the prior business day. Keys are to be returned the next business day. Reservations begin the first business day of December for the following year.

SENIOR CENTER

(157 Roanoke Avenue)

The Senior Center is open Monday - Friday 8:30 am - 4:30 p.m. The Center is open to adults 50 years of age and older who are Colonial Heights residents.

TEEN CENTER

(157 Roanoke Avenue)

The Teen Center, [Petes Place](#) is open to Colonial Heights High School and Middle School students and their guests. [Petes Place](#) was named for Pete Coleman, an advocate for youth in Colonial Heights. Consent forms must be on file & signed by a parent/guardian to attend.

Hours of Operation

Monday -Saturday 3:00 p.m. - 8:00 p.m.
Sunday CLOSED

The Teen Center features (2)Xbox 360 (1) PS3, (2) Wii, (3) big screen TVs, computers, table tennis, air hockey, and foosball. There is a \$5.00 guest fee for out of town guests to attend.

VIOLET BANK MUSEUM

(303 Virginia Avenue)

Violet Bank Museum was the home of General Robert E. Lee Headquarters June 8, 1864 to November 1, 1864. The Museum is open to the public Tuesday - Saturday 10:00 am - 5:00 p.m.; Sunday 1:00 p.m. - 6:00 p.m., and is closed on Mondays. The Museum is home to numerous historical artifacts. Also exhibited is a Civil War Trail Campaign Sign and The Cucumber Tree.

SOCCKER COMPLEX

(1000 Yacht Basin Drive)

The Colonial Heights Rec & Parks Dept developed the soccer complex between the years of 1985 - 1987. It is located behind the Colonial Heights Public Library and the Colonial Heights Vocational Center. The fields are used by Colonial Heights High School and the Colonial Heights Youth Soccer Association. Depending on the amount of kids registered in the Youth Soccer program each season, the layout and sizes of the fields vary. The one full-sized field is used by the high school for practices. The Soccer Complex also includes the following amenities: Concession stand, Field lights, Skate Park, Bleacher seating.

SHEPHERD STADIUM

(901 Meridian Avenue)

Shepherd Stadium is home to the Colonial Heights High School Colonials, the American Legion Bucs, and several tournaments, including the BIB Tournament, throughout the year. It was constructed in 1951 and named in honor of Fred Shepherd, past mayor of Colonial Heights.

AMENITIES

BASEBALL/SOFTBALL FIELDS

There are 4 fields located at the Shepherd Stadium Complex. A Field, B Field and Civic Field along with Shepherd Stadium. There is also a batting cage located across from Shepherd Stadium between A Field and Civic Field. There are 2 fields located adjacent to Lakeview Elementary School and 2 fields located behind the CH High School. There is also a batting cage located at the CH High School Fields. For more information on reserving fields for practice or tournament use contact 520-9392.

TENNIS COURTS

All Tennis Courts are lighted and open year round with lights on until 10:30 pm. No skateboards or bikes permitted on courts, no alcoholic beverages or drugs, no profanity, tennis rules and etiquette must be maintained at all times. Only tennis shoes should be worn on courts.
2 courts across from Lakeview Park on Lake Avenue
3 courts at CH Middle School
4 courts behind the CH High School

OUTDOOR BASKETBALL COURTS

No alcoholic beverages or drugs, no profanity. Courts are open until dusk.

- 1 full court at CH Middle School
- 2 full courts across from Lakeview Elem
- 2 full courts behind CH High School
- 2 full courts behind Tussing Elem
- 1 half court beside the Community Center
- 1 half court at Floral Avenue Park
- 1 half court at Edinborough Park

DISC GOLF COURSE

Disc Golf course is open until dusk year round. No alcohol or night golf without permission. Contact 520-9392 for more information.

18 hole Disc Golf Course is located at White Bank Park across from Tussing Elem.

SAND VOLLEYBALL COURT

Sand Volleyball Court is open until dusk year round.

1 Sand Volleyball Court is located at White Bank Park across from Tussing Elem.

2013 TOURNAMENTS @ SHEPHERD STADIUM

6th Annual Beast of the East Youth Tournament

Ages 8-13

Saturday March 23 - Sun March 24

Colonial Heights High School Invitational

Local High Schools

Monday April 1 - Thursday April 4

Virginia Independent Schools Athletic Association

Private High Schools State

Tournament

Thursday May 16 - Saturday May 18

Boys Invitational Baseball Tournament (The B.I.B.)

Ages 11-12

Thursday July 25 - Saturday August 3



ATHLETICS

PITCH, HIT AND RUN

Ages: 7-14

Children registered for Youth Baseball and Softball will complete their competition during one of their scheduled practices the week of April 15-19. Participants will have the opportunity to compete in the local event and if a winner advance to the Sectional, Team Championships, and National Finals. Registration will begin at 5:00pm on the day of the event as well.

Wed April 17 6:00pm
Football Stadium FREE

PUNT, PASS AND KICK

Ages: 6-15

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers. Registration will begin at 5:00pm on the day of the event as well. Participants will have the opportunity to compete in the local event and a winner can advance to the District, Regional and National Finals.

Thur Aug 1 6pm
Football Stadium FREE

HERSHEY TRACK MEET

Ages: 9-14 (as of 12/31/2013)

Participants will compete in this local meet to have the opportunity to advance to the Hershey Track & Field District Meet which will be held in May 2013. Both meets will be held rain or shine. Hershey will only advance the 1st and 2nd place winners. Registration will begin at 5:00pm on the day of the event as well. In case of inclement weather the make-up will be May 6.

Mon April 29 6:00pm
Middle School Track FREE

TRACK AND FIELD

Ages: 9-14

Instructor: High School Track Team

Colonial Heights Recreation Department and Colonial Heights High School Track Team are offering a Track & Field Program. The program is designed to allow youth the opportunity to learn track & field events as well as practice the skills needed to become successful at the local and district Hershey Track & Field competition.

Mon Mar 4-Apr 29 5:30-6:30pm
Middle School Track \$20

TENNIS LESSONS

Ages: 5+

Instructor: Anthony Davis

Deadline is Friday before class starts.

Morning classes will take place at the Colonial Heights Middle School Courts and evening classes will take place at the Colonial Heights High School Courts.

AGES 5-6

Mon/Wed Jun 24-Aug 14 9:35-10:15am
Middle School Courts \$30

Mon/Wed Jun 24-Aug 14 6:30-7:10pm
High School Courts \$30

Tue/Thur Jun 25-Aug 15 9:35-10:15am
Middle School Courts \$30

AGES 7-10

Mon/Wed Jun 24-Aug 14 10:20-11:20am
Middle School Courts \$35

Mon/Wed Jun 24-Aug 14 7:20-8:20pm
High School Courts \$35

Tue/Thur Jun 25-Aug 15 10:20-11:20am
Middle School Courts \$35

AGES 11 AND OLDER

Mon/Wed Jun 24-Aug 14 8:00-9:30am
Middle School Courts \$40

Tue/Thur Jun 25-Aug 15 8:00-9:30am
Middle School Courts \$40

Tue/Thur Jun 25-Aug 15 6:30-8:00pm
High School Courts \$40

GOLF LESSONS

Ages: 9-16

Golf lessons are offered to 10 students who are interested in the sport of golf. The 1st Tee of Chesterfield is located at 6736 Hunting Creek Drive, Richmond, VA. Participating youth will learn: safety, etiquette, rules of the game and planning that comprises the Sticks for Kids and The First Tee of Chesterfield philosophies. Transportation is not provided. Price includes golf clubs if needed.

NEW PARTICIPANTS ONLY

Tue Apr 2-Apr 23 5-6pm
1st Tee of Chesterfield \$10

RETURNING PARTICIPANTS ONLY

Tue May 14-Jun 4 5-6pm
1st Tee of Chesterfield \$10

SWIM LESSONS

Ages: 3-13+

Classes are brought to you in conjunction with and take place at the Southside Virginia Family YMCA at 120 N. Madison Street, Petersburg, VA. Basic skills and water safety are taught throughout the course. Participants are grouped into classes by their ability and range from beginner to advanced. Items needed: swim suit & towel.

PRESCHOOL AGES 3-5

\$35/CLASS
Tue/Thur Mar 5-Mar 28 6-6:30pm
Tue/Thur Apr 2-Apr 25 6-6:30pm
Tue/Thur May 7-May 30 6-6:30pm
Tue/Thur Jun 4-Jun 27 6-6:30pm
Tue/Thur Jul 9-Aug 1 6-6:30pm
Tue/Thur Aug 6-Aug 29 6-6:30pm
Tue/Thur Sep 3-Sep 26 6-6:30pm
Tue/Thur Oct 1-Oct 24 6-6:30pm

YOUTH AGES 6-9

\$40/CLASS
Tue/Thur Mar 5-Mar 28 6:30-7pm
Tue/Thur Apr 2-Apr 25 6:30-7pm
Tue/Thur May 7-May 30 6:30-7pm
Tue/Thur Jun 4-Jun 27 6:30-7pm
Tue/Thur Jul 9-Aug 1 6:30-7pm
Tue/Thur Aug 6-Aug 29 6:30-7pm
Tue/Thur Sep 3-Sep 26 6:30-7pm
Tue/Thur Oct 1-Oct 24 6:30-7pm

INTERMEDIATE AGES 9-12

\$40/CLASS
Tue/Thur Mar 5-Mar 28 7-7:30pm
Tue/Thur Apr 2-Apr 25 7-7:30pm
Tue/Thur May 7-May 30 7-7:30pm
Tue/Thur Jun 4-Jun 27 7-7:30pm
Tue/Thur Jul 9-Aug 1 7-7:30pm
Tue/Thur Aug 6-Aug 29 7-7:30pm
Tue/Thur Sep 3-Sep 26 7-7:30pm
Tue/Thur Oct 1-Oct 24 7-7:30pm

TEEN & ADULT AGES 13+

\$40/CLASS
Tue/Thur Mar 5-Mar 28 7:30-8:15pm
Tue/Thur Apr 2-Apr 25 7:30-8:15pm
Tue/Thur May 7-May 30 7:30-8:15pm
Tue/Thur Jun 4-Jun 27 7:30-8:15pm
Tue/Thur Jul 9-Aug 1 7:30-8:15pm
Tue/Thur Aug 6-Aug 29 7:30-8:15pm
Tue/Thur Sep 3-Sep 26 7:30-8:15pm
Tue/Thur Oct 1-Oct 24 7:30-8:15pm

OPEN GYM BASKETBALL

Ages: See Below

Full-court pick-up games are played. Must have ID with you. This is a resident only program.

14 AND UNDER W/PARENTS

Sun Feb 10-Feb 24 1-3pm
High School Gym FREE

AGES 15+

Sun Feb 10-Feb 24 3:15-5:15pm
High School Gym FREE

LEAGUES

YOUTH BASEBALL & SOFTBALL REGISTRATION

*Ages: Boys ages 4-16 (age as of 4/30/13)
Girls ages 4-15 (age as of 4/30/13)*

Registration will be accepted on the following Saturdays at Shepherd Stadium from 9am-noon-Feb 2, Feb 9, Feb 16 and Feb 23. Registration will also be accepted Mon-Fri, starting Feb 4 - March 1, 8:00am-5:00pm at Shepherd Stadium. \$20 per child, the fee for anyone registering after March 1 is \$30.00. Players registering after March 1 are also subject to being placed on a waiting list. Practices will begin the 1st week of April and games will begin the last weekend in April. Players must have returned all previous sports equipment before being eligible to register. Children MUST be Colonial Heights Residents and be eligible for enrollment in the Colonial Heights school system.

COED AGE DIVISIONS:

Rookie (Instructional) ages 4-5
Coach Pitch (Instructional) ages 6-8

BOYS AGE DIVISIONS:

Minor League ages 9-10
American League 11-12
National League 13-15
Appomattox League 14-16

GIRLS AGE DIVISIONS:

PeeWee League ages 9-10
Junior League 11-12
Senior League 13-15

ADULT SOFTBALL REGISTRATION

Registration is currently being accepted for the Men's Open and Church League Teams for the 2013 Spring/Summer Adult Softball Leagues. League fee is \$590 and includes 20 to 28 game schedule depending on the number of registered teams, postseason double elimination tournament, team and individual awards, USSSA team registration, and umpire fees. League play will begin in early April. Teams will be accepted on a first-to-pay basis. Deadline is March 15th.

Team Fee: \$590.00, Payable in two checks
\$300.00 City of Colonial Heights
\$290.00 VA USSSA

Church League Tue & Thur
Men's Open Divisions Mon & Wed
Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Due to new USSSA rules balls must be USSSA stamped "Classic M" or "Classic M+", 40 COR 325 compression.

YOUTH FOOTBALL REGISTRATION

Ages: Boys and girls 5 - 13 (age as of 8/1/13)
Registration will be taken on the following Saturdays at Shepherd Stadium from 9am to Noon - June 8, June 15 and June 22.

Registration will also be accepted Monday thru Friday, 8:00am to 5:00pm, June 10th thru July 12th at the Recreation Department office. \$20 per child, the fee for anyone registering after July 12th is \$30.00. Players registering after July 12th are also subject to being placed on a waiting list. Players must have returned all previous sports equipment before being eligible to register. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights school system.

AGE DIVISIONS:

Flag ages 5-7*

In-house league-starts 1st week of Sept

Minor ages 7*-8

Local Travel league-starts 1st week of Aug

Junior ages 9-10

Local Travel league-starts 1st week of Aug

Senior ages 11-13**

Local Travel league-starts 1st week of Aug

* 7 year olds have the option of playing Flag (Instructional) or Minor (tackle) Football.

** 13 year olds must weight under 115 lbs to be eligible.

YOUTH CHEERLEADING REGISTRATION

*Ages: Boys and girls 4 - 13
age as of 8/1/13*

Registration will be taken on the following Saturdays at Shepherd Stadium from 9am to Noon - June 8, June 15 and June 22. Registration will also be accepted Monday thru Friday, 8:00am to 5:00pm, June 10th thru July 12th at Shepherd Stadium. \$20 per child, the fee for anyone registering after July 12th is \$30.00. Players registering after July 12th are also subject to being placed on a waiting list. Players must have returned all previous sports equipment before being eligible to register. Children MUST be Colonial Heights Residents and eligible for enrollment in the Colonial Heights school system.

AGE DIVISIONS:

Mascots ages 4-5 (limited spots available)

In-house league-starts 1st week of Aug

Minor ages 6-8

Local Travel league-starts 1st week of Aug

Junior ages 9-10

Local Travel league-starts 1st week of Aug

Senior ages 11-13

Local Travel league-starts 1st week of Aug

FALL SOCCER 2012 - COLONIAL HEIGHTS SOCCER ASSOCIATION

Registration for the Fall 2012 soccer season will take place August 3rd from 10am-2pm at the Colonial Heights Library. You can also register online at:

www.colonialheightssoccer.com. First time registrants are required to show proof of age. Players from all localities are welcome! But, there is an additional \$5 non-resident fee for all players that do not reside within the City limits of Colonial Heights. For more information contact 804-526-9675 or email info@rogerunderhill.com. All games and practices take place at the soccer complex behind the Colonial Heights Library and Tech Center. There may be an additional \$25 fee for a uniform if you are a first time registrant. There is a \$2 convenience charge for online registration.

Fee: \$30; ages U5-U8
\$50; ages U9-U11
\$60; ages U12-Teen

CAMPS & CLINICS

CHEERLEADING CAMP

Ages: 5-13

Colonial Heights Recreation Department will hold a Youth Cheerleading Camp again this year. Camp will be under the direction of the Colonial Heights Youth Cheerleading Coaches, Staff and Cheerleaders. Wear tennis shoes, shorts, t-shirt (NO denim shorts or denim jeans)

Mon-Thur July 29 -Aug 1 6-7pm
CH Football Stadium \$20

FOOTBALL CAMP

Ages: 6-13

Colonial Heights Rec Dept and the Colonial Heights HS Football Team will hold their annual Football camp again this year. Again this year, all campers will compete in the Colonial Heights Jaycees/NFL Pepsi Punt, Pass and Kick competition. The last night of camp will be the Punt, Pass and Kick competition. Winners can qualify to compete in the district competition. Wear tennis shoes, shorts and a t-shirt each night. Youth ages 8-13 as of 12/31/13 can advance to the Punt, Pass and Kick Sectional competition.

Mon-Thur July 29-Aug 1 6-8pm
Football Stadium \$20

BASKETBALL CAMP

Ages: Boys & Girls ages 6-17
The Colonial Heights High School will be again co-sponsoring this annual sports camp favorite. Guest speakers will include local and area high school coaches along with previous players. Bring a towel, tennis shoes and water with you each day.

AGES 6-11

Mon-Thur July 15-July 18 9-11:30am
CH High School Gym \$40

AGES 12-17

Mon-Thur July 15-July 18 12-3pm
CH High School Gym \$40

VOLLEYBALL MINI-CAMP

Ages: Rising 6th grade - 9th graders
The Colonial Heights High School will be again co-sponsoring this camp. Instructors will be Coach Toni Martin (CHHS Girls Volleyball), Coach Mark Lee (CHHS Mens Volleyball), and CHHS Volleyball team members. Bring a towel, tennis shoes and water with you each day.

Mon-Thur July 15-July 18 6-8pm
CH High School Gym \$25

BASEBALL CAMP

Ages: 6-12
American Legion Post #284 & Colonial Heights Recreation & Parks 23rd Annual Baseball Camp. Camp Features: Quality coaching staff, Baseball games each day, Specialty segments - bunting, base running, sliding, cutoffs, relays & more..., Written camp evaluation, Concession stand, Stressing "FUN"damentals.

Camp Directors: Scott Rash - 20 years of coaching experience to the camp, including nine as a collegiate head coach. John Fletcher - head high school baseball coach. Receive a \$15 discount if \$50 deposit or payment is made in full & received by June 7th.

Mon-Fri Jun 24-Jun28 9am-12pm
Shepherd Stadium \$90

TENNIS CLINIC

Ages: 5-10
Instructor: Anthony Davis
This clinic will introduce the sport of tennis through drills and techniques. Time will be spent on learning the basics of Tennis.

Mon-Fri June 17-June 21 5-6pm
High School Courts \$10

BRITISH SOCCER CAMPS COLONIAL HEIGHTS SOCCER ASSOCIATION

British Soccer Camps provide players of all ages and abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Camp programs include a free ball and shirt and a free British Soccer jersey for online registrations 45 days prior to camp! You must register online at www.colonialheightssoccer.com

Ages 5-10

Mon-Fri July 29-Aug 2 9am-12pm
Soccer Complex \$123

Ages 11-17

Mon-Fri July 29-Aug 2 5:30-8:30pm
Soccer Complex \$123

FITNESS

OKINAWAN KARATE

Ages: 5+
Instructor: Renshi Ray Collins
This is a family oriented program that promotes values such as honor, respect and integrity. In addition, this class helps develop better concentration, physical stamina and a positive self-image. New students are only accepted in March and June.

Mon/Wed Mar 4-Mar 27 6-7:30pm
Mon/Wed Apr 8-Apr 29 6-7:30pm
Mon/Wed May 1-May 29 6-7:30pm
Mon/Wed Jun 3-Jun 26 6-7:30pm
Mon/Wed July 8-July 31 6-7:30pm
Mon/Wed Aug 5-Aug 28 6-7:30pm
Lakeview Elem. Gym \$35/month

CARDIO FUSION

Ages: All ages
Instructor: Susan Moehler
Tuesdays - ZUMBA! LOSE WEIGHT! LOOK GREAT! Have a BLAST dancing away those unwanted pounds! **Thursdays - CARDIO FUSION!** Add some variety to your workout with this EXHILARATING cardio adventure that is guaranteed to keep you moving.

Tue/Thur Mar 5-Mar 28 6:30-7:30pm
Tue/Thur Apr 2-Apr 30 6:30-7:30pm
Tue/Thur May 2-May 30 6:30-7:30pm
Tue/Thur Jun 4-Jun 27 6:30-7:30pm
Tue/Thur July 2-July 30 6:30-7:30pm
Tue/Thur Aug 1-Aug 29 6:30-7:30pm
Lakeview Elem. Gym \$32/month
\$29/May

ZUMBA

Ages: 12+
Instructor: Katrin Tiller
ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. \$5 discount given to Parent/Teen duos. Classes will move to the Comm Bldg in June. **FREE Zumba preview class June 19 @ Comm Center-6pm.**

Mon/Wed Mar 4-Mar 27 6-7pm
Mon/Wed Apr 8-Apr 29 6-7pm
Mon/Wed May 1-May 29 6-7pm
Mon/Wed Jun 3-Jun 12 6-7pm
Mon/Wed July 10-July 31 6-7pm
Mon/Wed Aug 5-Aug 28 6-7pm
North Elem. Gym Spring \$28/month
Comm. Bldg Summer \$14/June

YOGA

Ages: 15+
Instructor: Debbie Clayton
Hatha yoga instruction of standing, seated, forward yoga poses. Some vinyasa flow - all levels appropriate. Classes includes poses (asanas), pranayama (breath) and deep relaxation (yoga nidra). Registration deadline is the Friday before each new class. Must be registered to attend! Open to All! Material(s) needed: Yoga Mat; (Also encouraged: block, strap, occasional blanket). **FREE Preview class March 6th at the Comm. Bldg. at 6:30pm.** No class 5/23 or 8/22.

Tue/Thur Mar 5-Mar 28 6:30-7:30pm
Tue/Thur Apr 2-Apr 25 6:30-7:30pm
Tue/Thur May 2-May 30 6:30-7:30pm
Tue/Thur Jun 4-Jun 27 6:30-7:30pm
Tue/Thur July 9-July 30 6:30-7:30pm
Tue/Thur Aug 1-Aug 29 6:30-7:30pm
Community Center \$30/month

HUMP DAY WORKOUT

Ages: 12+
Instructor: Rec & Parks Staff
Join our Recreation fitness group by emailing barrowk@colonialheightsva.gov, the type of workout and its location will be posted weekly. We will utilize areas around Colonial Heights to help you get into shape.

Wed Mar 6-Mar 27 4-4:45pm
Wed Apr 3-Apr 24 4-4:45pm
Wed May 1-May 29 4-4:45pm
Wed Jun 5-Jun 26 4-4:45pm
Wed Jul 3-Jul 31 4-4:45pm
Wed Aug 7-Aug 28 4-4:45pm
Various loc in CH FREE

BELLY DANCING

Ages: 14+
Instructor: Ann Elliotte
Whether or not you have prior experience in dancing, we offer two distinct Thursday classes to assist you in advancing your belly dance ability at a comfortable pace. Class will meet on the third Friday instead of Thursday. **FREE Belly Dance preview class February 11 @ Comm Center-6:30pm.**

BEGINNER 6-7pm
INTERMEDIATES 7-8pm
Thur Mar 7-Mar 28
Thur Apr 4-Apr 25
Thur May 2-May 23
Thur Jun 6-Jun 27
Thur July 11-Aug 1
Thur Aug 8-Aug 29
Community Center \$40

50+ FITNESS

The following fitness classes are open to City residents ages 50 and older. These classes are FREE and no pre-registration is required. Classes take place at the Community Center.

TAI CHI

This class combines exercise and meditation. Class focuses on balance, flexibility and strength.

Mondays 9:30-10:15 am

ZOOMER BOOMER CLASS

Class consists of line dancing, yoga, and weight resistance interval training.

Mon/Wed/Fri 8:30 - 9:15 am

CARDIO BUMP

Work up a sweat and have fun with this light impact cardiovascular workout.

Mon/Wed/Fri 8:15-8:30am

SLO-YOGA

Encompasses easy physical postures, deep relaxation & breathing practices.

Mon 10:30 - 11:00 am
Tue/Thur 9:00 - 9:30 am

MODIFIED STRENGTH CLASS

Learn basic strength training for strong bones and muscles using free weights. Also learn basic cardio training for a strong heart and lungs. Bring free weights.

Wed/Fri 10:00 - 10:45 am

STAND UP/SIT-DOWN CLASS

Class teaches basic toning and stretching moves while seated/standing. This class is a beginner level class that utilizes rubber stretch bands for resistance.

Tue/Thur 10:00 - 10:40 am

CERTIFIED ARTHRITIS CLASS

Class is certified by the Arthritis Foundation and is designed for individuals with arthritis or other inflammation of the joint conditions. All exercises help to increase participants range of motion, flexibility, and strength.

Tue/Thur 11:00 - 11:40 am

HARD CORE

This class is also appropriate for all fitness levels. Class uses fundamental pilates techniques and is fun and rewarding.

Wed/Fri 9:30 - 9:50 am

SPRING BREAK

SPRING BREAK SCHOOL'S OUT TRIPS

Ages: 5-12

Transportation is provided on Recreation vans to and from participant's home. Cost includes chaperones, transportation, and the activity. Non Resident drop off is at Shepherd Stadium. Participants can sign-up for one or all days. Parents, we can pickup/drop off at daycares. Deadline is March 29th. Minimum of 6 must register in order for trip to go. There is a max of 13 for each trip.

PAINT & PLAY

Paint your own ceramic piece of art. Art can be picked up on Fri April 5.

Mon April 1 1-5pm \$12

KINGS DOMINION

Parent pick up for this trip will be at Shepherd Stadium.

Wed April 3 8:45am-5:30pm \$40

REGAL CINEMAS

We will be taking a trip to see "The Croods". Time may change based on movie times for this day.

Fri April 5 1-5pm \$10

TEEN SPRING BREAK

Participants must have a Teen Center registration form on file to register. Spaces for these trips are limited and are taken on a first come-first served basis. Transportation on City vehicles leaving from the Teen Center. Must register by March 29.

WHITE BANK PARK

We will Leave at 3:00 pm and return at 7:00 pm. Pack a lunch

Tuesday April 2 FREE

DAVE AND BUSTERS TRIP

Cost includes a \$20 token card- you may bring additional money for added tokens or food. We will leave at 3:00 pm-scheduled return is 6:30 pm

Wednesday April 3 \$15

MAYMONT PARK TRIP

We will leave at 11:00 am-scheduled return is 3:00 pm. Pack a lunch

Thursday April 4 \$5

TWILIGHT MIDNIGHT MOVIE MARATHON AND TEEN LOCK-IN

Movies will run on the big screen from noon until midnight. Snacks and refreshments will be sold for \$1 each. Pizza will be sold by the slice for \$1 each at lunch and dinner. Teen Center doors will lock at 8pm for any of those staying for the lock-in from 8pm Friday to 8am on Saturday. Teens do not have to attend the movies to stay for the lock-in. They can do one or both activities.

Friday April 5 \$2

SUMMER ACTIVITIES

REGISTRATION

For the following Summer programs the below guidelines must be adhered to:

Registration form and calendars are available April 1, 2013 at the Colonial Heights Recreation Department office located at Shepherd Stadium.

Parents/guardians must fill out & return the Registration form & activity waivers before their child can participate in the program.

Programs are for Colonial Heights residents only. Supervised games, trips, and arts & crafts will be provided at daily programs.

2013 PLAYGROUND PROGRAM

Ages: 6-12 (Age as of 7/1/2013)
Parents are encouraged to attend one of the Summer Orientation dates. Parents who attend the whole orientation will receive a \$15.00 credit to be used during for any activities during the summer. Participants can choose to attend trips or participate in on-site activities. Bring a bagged lunch, snacks and drinks each day. Trip costs are extra and are due on Fridays. Parents who have forgotten to pay on Friday can pay by 12:00 pm on Monday, however, a \$2.00 non refundable late charge will be assessed per activity per child.

Parent's Orientation Dates:

Thur	May 23	Comm Ctr	4pm
Sat	June 15	Comm Ctr	10am
Wed	June 19	Comm Ctr	6pm

Mon-Fri	June 24-June 28	8am-5pm
Mon-Fri	July 1-July 5	8am-5pm
Mon-Fri	July 8-July 12	8am-5pm
Mon-Fri	July 15-July 19	8am-5pm
Mon-Fri	July 22-July 26	8am-5pm
Mon-Fri	July 29-August 2	8am-5pm
Lakeview Elem. School		
\$10 enrollment fee covers shirt and wristband. \$5 per week to attend. Activity Calendar and trip fees available April 1.		

TUESDAY TEENS

Ages: Rising 6th graders-17 years old
Looking for activities for your Teen? Don't want them left alone & "bored" while you are at work? If so, enroll your child in Tuesday Teens. It is sure to keep them occupied and having fun! Program cost must be paid the FRIDAY prior to the Tue activity. Participants will be taking a trip each Tuesday. Times may vary based on the trip. Participants drop-off/pick-up at the Teen Center

Tue	June 25	Water Country	8:30am-7pm
Tue	July 2	Pocahontas	10am-4pm
Tue	July 9	Busch Gardens	8:30am-7pm
Tue	July 16	Pocahontas	10am-4pm
Tue	July 23	Kings Dominion	9am-7pm
Tue	July 30	Water Country	8:30am-4pm
Community Center		Trip Fee	
Trip fees and calendar available April 1			

SUMMER SPLASH 2013

Ages: Rising 6th-Rising 12th graders
We've got the DJ and pool reserved. Come and enjoy time with your friends or take a swim. Participant must have a Teen Center registration form on file to attend. We will provide pizza and drinks.

Fri	June 21	8:30-10:30pm
Sherwood Hills Swim Club		FREE
1033 Forestview Drive		
Colonial Heights		

SUMMER TOTS PROGRAM

Ages: 3-5 (Age as of 7/1/2013)
The Summer Tots Program is a Pre-school program that provides educational activities and social interaction through the use of circle time, stories, crafts, games, sing-a-longs, and special guests. Friday activity times/locations vary. Parent/Teacher meet & greet June 20, 2013 at 11am at North Elem School. Fee covers snacks, crafts, guest speakers and Friday activities. Program limited to the first 24 registrants.

Mon,Wed,Fri	Jun 24-Jun 28	8:30-11:30am
Mon,Wed,Fri	July 1-July 5	8:30-11:30am
Mon,Wed,Fri	July 8-July 12	8:30-11:30am
Mon,Wed,Fri	July 15-July 19	8:30-11:30am
Mon,Wed,Fri	July 22-July 26	8:30-11:30am
Mon,Wed,Fri	July 29-Aug 2	8:30-11:30am
North Elem. Gym		\$40 for all 6 weeks or \$10 per week

SPECIAL INTEREST CLASSES

BABYSITTERS COURSE

Ages: 12+
Instructor: American Red Cross
Babysitting is often a teenager's first business. Babysitter's Training from the Red Cross brings the best in child development and safety training. It builds confidence to hold, feed and care for infants and toddlers, work with children safely and deal with emergencies. Fee includes all class materials and certification requirements.

Sat	April 20	9am-4pm
Sat	June 1	9am-4pm
Community Center		\$85

NUTRITION FOR PARENTS

Ages: All ages
Instructor: VSU Virginia Cooperative Ext.
Parents play a key role in teaching healthy eating & exercise habits. This is why understanding nutrition at a young age will give your child(ren) the knowledge and skills they need to make healthy choices throughout their lives. In this class expect: Fun & interactive classes! To learn how to use My Plate & My Pyramid! Simple Meal Preparation! Simple ways to add physical activity! To learn about portion control.

Sat	Mar 2-Mar 23	1:00pm
Community Center		FREE

CPR/AED - COMMUNITY & WORKPLACE COURSE

Ages: 16+
Instructor: CH Fire & EMS
The Community CPR and AED course teaches the basic techniques of CPR and the use of an AED. Students also learn about using barrier devices in CPR and giving first aid for choking. The course teaches how to recognize the signs of four major emergencies — heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. All materials are included in the fee.

Sat	April 13	8:30am-12:30pm
Community Center		\$30

BASIC FIRST AID

Ages: 16+
Instructor: CH Fire & EMS
The First Aid course teaches lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. All materials are included in the fee.

Sat	April 13	1-5pm
Community Center		\$30

The CPR/AED and Basic First Aid classes are provided by the CH Recreation Department in conjunction with the Colonial Heights Fire & EMS Department. For questions contact: 520-9390. Register for both classes and receive a \$10 discount.

COLLEGE FINANCIAL PLANNING WORKSHOP

Ages: 16+
Instructor: College Solutions
Please join us for an Educational College Financial Planning workshop that will focus on high school sophomores, juniors and seniors. We'll discuss the FAFSA form and all the other information you need to understand in order to maximize the amount of financial aid you are eligible to receive! Even if your family is not eligible for need-based aid, we will cover the best strategies on how to pay for college on the most tax efficient basis—without it putting a strain on the rest of your finances. You must pre-register for this class.

Sat	April 13	10:00am
Community Center		FREE

BUILDING A BETTER BUDGET

Ages: 16+
Instructor: Virginia Credit Union
Get practical advice for creating and sticking to a budget with tools to track spending and establish savings goals. Must be pre-registered to attend.

Wed March 13 6-7pm
Community Center FREE

STRATEGIES FOR ELIMINATING DEBT

Ages: 16+
Instructor: Virginia Credit Union
In this interactive workshop you will learn effective strategies for reducing your debt.

Wed April 3 6-7pm
Community Center FREE

BASIC COMPUTER

Ages: 18+
Instructor: VSU Mobile Lab
This class is designed to teach the basic skills for anyone to be able to use a PC computer. The course looks at both the hardware aspect of working with a computer as well as the Windows operating system. Pre-registration is required.

Mon May 6 10am-3pm
Community Center \$5

COMPUTER EMAIL

Ages: 18+
Instructor: VSU Mobile Lab
This course will teach participants how to set-up an email account, use email effectively and how to avoid some common errors when sending an email. Pre-registration is required.

Mon May 13 10am-3pm
Community Center \$5

THE INTERNET

Ages: 18+
Instructor: VSU Mobile Lab
This course will teach participants how to use the internet by using web browsers, search engines and directories. Pre-registration is required.

Mon May 20 10am-3pm
Community Center \$5

SELF IMPROVEMENT WORKSHOP SERIES

Ages: 18+
Instructor: VSU EOC
We have partnered with the Virginia State University Educational Opportunity Center to offer these FREE self improvement workshops. Pre-registration is required. You may register for the whole series or pick and choose which ones are of interest to you. See below for workshop dates and subjects. No workshop on March 18th.

Mon Mar 4-April 8 6-7pm
Community Center FREE

MARCH 4 Understanding the GED process

MARCH 11 College Application Process

MARCH 25 Improve your Earning Potential

APRIL 1 Financial Literacy

APRIL 8 Resume Building/Writing

ARTS & CRAFTS CLASSES

SEWING CLASSES

Ages: 18+
Instructor: Barbara Yeane
Learn to sew or improve your sewing skills, have fun, save money....while looking good. These classes will provide information and hands-on experience while learning lifelong sewing skills. These skills can be applied to alterations, home decorating and fashion projects. Supplies each student needs to bring to class: Portable sewing machine, fabric, scissors, straight pins, measure tape and all purpose thread white, or beige.

Class meets every Monday 4-6pm
Community Center \$10/class

YOUTH PAINTING

Ages: 8+
Instructor: Dana Turner
Looking for a fun way to spend your Saturday Morning? If so, spend your morning developing your painting skills, sharing ideas, and learning techniques. No experience required, open to all levels. All supplies are included in the fee. No class on May 25th.

Sat Mar 9-Mar 30 10-11:30am
Sat May 4-June 1 10-11:30am
Sat July 6-July 27 10-11:30am
Community Center \$40

WATERCOLOR WORKSHOP

Ages: 18+
Instructor: Faye Henderson
We will work on projects that include wet into wet, saving white paper, and some experimental projects to bring out your creativity. Bring along some photographs or sketches that interest you, to develop into paintings. Watercolor Supply List: Watercolor paper 140lb. Arches cold press Watercolors; Your Choice of colors Suggestion: Ultramarine Blue, Alizarin Crimson, Cadmium Yellow, Burnt Sienna, Thalo Green, Thalo Blue, Hookers Green, Raw Umber, Cadmium Red, Aureolin Yellow, Cobalt Blue, Watercolor Palette, Water Container, Assortment of brushes including a rigger, Board to attach your paper, Masking Tape, Pencil and Art Gum Eraser Sponge and Paper Towels, and a Sketch Book. Buy good paper and paints.

Thur Mar 7-Mar 28 2-4pm
Thur Apr 4-Apr 25 2-4pm
Thur May 2-May 30 2-4pm
Community Center \$60 (Mar-Apr)
\$75 (May)

MARY CAROLE OIL PAINTING WORKSHOP

Ages: 18+
There will be new painting each day. Participants will receive instruction on oil painting while painting the featured design of the day. Classes will take place at the Community Center. Class is limited to 15 participants per day. Deposit of \$50 is due when registering. Final payment is due April 23. Supplies will be available for purchase on-site if needed.

"The Little Knitter"
Thur-Fri May 23-24 \$190

"Rose"
Sat May 25 \$95

"Little Girl on Beach"
Sun May 26 \$95

MARY CAROLE 5 DAY PORTRAIT WORKSHOP

Ages: 18+
Paint from your own photographs of family and friends. Demonstration and instruction on traditional fine art portraiture and figurative painting. Classes are open to intermediate and advanced students. \$50 deposit due when registering, final balance due July 8, 2013. FREE portrait demo on August 19th from 1-5pm.

Tue-Sat Aug 20-Aug 24 12:30-5pm
Community Center \$445

KAY'S PAINT PALETTE OIL PAINTING CLASSES

Ages: 16+

Instructor: Kay Tirpack

Classes are open to any and all students. Classes are taught at a moderate pace, for beginners or advanced artists. Class fee must be paid one week in advance from date of class.

Fri	March 1	6-8pm
Fri	April 5	6-8pm
Fri	May 3	6-8pm
Fri	June 7	6-8pm
Fri	July 5	6-8pm
Fri	August 2	6-8pm
Senior Center		\$48/date

SENIOR CENTER

The following classes and activities are open to City residents ages 50 and older. These classes are FREE except where noted and no pre-registration is required unless noted. Classes take place at the Community Center. These classes meet each week on the day and times listed. For more information please contact the Senior Center at 520-9220. For a list of Fitness classes for ages 50+, please turn to page 9.

BOWLING

Contact: Mary Williams 526-2634

The Colonial Heights Senior Hotshots are a sanctioned league.

Mondays	9:30am
The Bowling Alley	League Fees apply

INTERACTIVE WATERCOLOR

Bring your watercolor supplies for a time of socialization and fun. Learn techniques while interacting with fellow artists.

Mondays	11am-1pm
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DUPLICATE BRIDGE

Contact: Stanley Ford 233-6517

Open to individuals interested in tournament style bridge. Open to All!

Tuesdays	12:30-4pm	\$6
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BINGO

Open to individuals interested in relaxing and playing a timeless classic.

Tuesdays	1-2pm
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TABLE GAMES

Enjoy playing table top games with friends. We provide the games!

Mondays	12:30-2:30pm
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CRAFT CLASS

Twelve months before Christmas Craft Class. Class meets on the Fourth Monday at the Senior Center.

Mondays	1-4pm
Cost varies, depends on Craft	

TRIAD

TRIAD is a partnership consisting of the local Public Safety Office, seniors, and senior service providers who work to prevent the victimization of Seniors. It is run by S.A.L.T. (Seniors and Law Enforcement Together) council. CH TRIAD will again meet monthly to address concerns and issues to optimize safety and wellness for Senior Citizens on the third Monday of each month (unless moved up a week for Holiday closings- as notified) at 1:00 in the Community building- 157 Roanoke Ave, Colonial Heights. Speaker topics are selected for Public Safety Services and Health and Wellness programs. This is a FREE program.

March 18	CH Fire &EMS	1pm
Latest in Emergency Plans		

April 15	Dr. Kalluri	
Advanced Joint and Spine Care		

May 20	5th Annual Health Fair	1pm
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June 17	Office of Attorney General	1pm
Medicare Fraud Unit		
Tara Talbott, Investigator		
Kiana Beekman, Investigator		

July 15	Bruce Hansen, Director	1pm
CH Public Library		

August 19	CH Police Department	1pm
Special Operations Unit		

CROCHET AND KNITTING GROUP

Join a group of dedicated individuals and make items for local groups and organizations.

Wednesdays	10am-12pm
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PARTY BRIDGE

Ages: 50+

Play bridge with your friends. Open to All! Must pre-register to attend!

Wednesdays	1-4pm
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QUILTING GROUP

Ages: 50+

We have tables for your workspace. Bring with you....Your fabric and sewing notions Sewing Machine, extension cord and work in progress!

Tuesdays	6-8pm
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PAINTER'S GROUP

Enjoy a wonderful afternoon of sharing your ideas and learning from each other. New painting completed each month. Participants furnish their own supplies from the provided supply list.

Wednesdays	2:30-4:30pm
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MOVIE DAY

Ages: 50+

We will provide the movie and light refreshments during the movie.

3rd Thursday each month	1-3pm
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SING-A-LONG

Come join the fun! Practices are Thursday Mornings. The first Thursday of each month is a performance for Health Care Center Residents.

Thursdays	10-10:45am
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SENIOR CLUB MEETING

The Senior Citizen Club was organized in 1968 and is open to seniors 50 years of age and older who are city residents. The 1st 3 Thursdays meet in the Community Center and the 4th Thurs is at Golden Corral.

Thursdays	1:15-3pm
Member Dues apply	

AARP

Nonpartisan member organization that helps people 50 and older improve the quality of their lives.

2nd Friday each month	12-2:30pm
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MONTHLY DANCES - THE ANTIQUES

Each month on the 2nd Friday we will offer a Seniors Dance - The Antiques. Refreshments are sold for an additional cost. Karaoke is available from 6-7pm on dance nights; bring your own CD>

2nd Friday each month	7-10pm
\$6	

SPLASH OF COLOR PAINTER'S GROUP

Come join all skill levels of painters for a fun day of developing your painting skills, share ideas, and meet new friends with the same passion. Participants are responsible for their own supplies.

3rd Saturday each month 9am-5pm

YOU CAN LIVE WELL VIRGINIA!

Instructor: Eileen Drake and Jim Ingle "Chronic Condition-Self Management Program"- Stanford University Research based program is designed to "help participants gain self-confidence in their ability to control their symptoms and how their health problems affect their lives." The workshop is interactive and focuses on skill-building, sharing experiences, and building a social support. Class is limited to 16 participants. Register with Senior Center Staff- 157 Roanoke Ave or 520-9220.

Wed	Feb 6-March 13	12:30-2:30pm
Wed	July 10-Aug 21	12:30-2:30pm
Community Center		FREE

LUNCH & LECTURE SERIES HOPEWELL HISTORIC FOUNDATION

Weekly hour-long historical presentations by guest speakers, re-enactors, and/or authors. Participants are welcome to bring a bag lunch, Lemonade and ice tea provided. Transportation provided on a City van. Trip will leave from the Senior Center each week, please arrive by 10:30am.

Wed	May 15-Sept 4	11:30am
Hopewell Library		\$2

SENIOR TRANSPORTATION

Senior Citizens that are City residents sixty (60) years of age or older, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheelchairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

TEENS

DANCE FOR CHMS STUDENTS

Ages: CHMS Students
Cost includes: Chaperones, DJ, Pizza, & Drinks. All participants must have a Teen Center Consent form on file to attend! For more information call Pete's Place Teen Center at 524-8717 .

Fri	May 3	7-9pm
Community Center		\$5

TEEN CENTER

The Colonial Heights Teen Center - also known as "Pete's Place," provides a recreational environment with the purpose of enriching the lives of the youth who attend in order to promote self-worth, values, goals and the respect of others. Participants must reside within the City of Colonial Heights, and be eligible for enrollment at Colonial Heights Middle School or Colonial Heights High School. Contact the Teen Center at (804)524-8717 for more information. Admission to the Teen Center is FREE. Participants may bring a guest, but there is a \$5 charge for guests.

Hours of Operation

Monday-Saturday	3:00pm-8:00pm
Sunday	CLOSED

The Teen Center features an Xbox 360, PS3, Wii, 3 big screen TVs, computers, arcade basketball, and foosball.

TEEN SATURDAY TRIPS

Participants must have a Teen Center registration form on file to register. Spaces for these trips are limited and are taken on a first come-first served basis. Each trip has a minimum number that must be met. Transportation in City vehicles and will leave from the Teen Center.

DC- SMITHSONIAN TRIP WASHINGTON D.C

Bus will leave at 8:00 am. We are scheduled to return at 8:00 pm. Please pack a lunch & dinner or bring money to buy there. You may bring extra money for souvenirs. Must register by March 13.

Saturday	March 16	\$5
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METRO ZOO TRIP MOSELEY, VA - CHESTERFIELD COUNTY

Bus will leave at 11:00 am. We are scheduled to return at 3:00 pm. Please pack a lunch. Must register by April 17.

Saturday	April 20	\$17
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FLYING SQUIRRELS BASEBALL TRIP RICHMOND, VA

Bus will leave at 4:30 pm-We are scheduled to return at 8:00pm. You may bring extra money for souvenirs. Register by May 15

Saturday	May 18	\$10
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RIVER RAFT TRIP RICHMOND, VA

Bus will leave at 9:00 am-We are scheduled to return at 1:00 pm. Please pack a lunch. Must register by June 12

Saturday	June 22	\$30
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HADAD'S LAKE TRIP RICHMOND, VA

Bus will leave at 10:00 am-We are scheduled to return at 8:00 pm. Please pack a lunch. Must register by July 17

Saturday	July 20	\$19
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CANAL WALK BOAT TOUR RICHMOND, VA

Bus will leave at 11:00am-We are scheduled to return at 2:00pm Please pack a lunch. Must register by July 17

Saturday	August 17	\$10
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WILLIAMSBURG OUTLETS BACK TO SCHOOL TRIP

Bus will leave at 9:00 am-We are scheduled to return at 6:00 pm. Bring money for food and shopping. You may pack a lunch. Must register by Sept 11.

Saturday	September 14	\$5
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C.I.T. - COUNSELORS IN TRAINING PROGRAM

Ages: 14-17

Instructor: Rec & Parks Staff

In an effort to provide leadership & character development, we have formulated a "Counselors-In-Training Program" for its youth. The C.I.T. program is a great opportunity for teens to receive in-depth training in supervision and teaching techniques. To register participants must complete a registration form and answer a couple of questions. For a complete list of program details visit www.colonialheightsva.gov.

Tues	April 9-May 21	3-4:30pm
Comm Bldg		FREE

PETE'S PLACE 2013 SCHOLARSHIP INFO

In memory of Francis P. "Pete" Coleman, the Colonial Heights Teen Center will present two individuals with a \$100.00 scholarship. This scholarship will be awarded in the memory of "Pete" Coleman, a key advocate in the creation of the Teen Center as well as a long time advocate for youth in Colonial Heights. Scholarship applications with the list of eligibility requirement and required supporting documents are available at the Recreation Office located at Shepherd Stadium, 901 Meridian Ave, Colonial Heights, VA 23834 or online at www.colonialheightsva.gov. For more information contact the Recreation Department at 520-9390.

TRIPS

RIVERSIDE THEATER FREDERICKSBURG, VA

For the following trips we will depart from the Senior Center at 10:00am and return back to the center approx 6:30pm on all dates. Price includes transportation on vans, ticket to show and lunch. Sign up early limited tickets!

THE FULL MONTY

Theaters on both sides of the Atlantic have enjoyed resounding audience receptions to this "Americanized", multiple award winning musical stage version of the 1997 British film. Six unemployed Buffalo steelworkers, seeing how much their wives enjoy male strippers during "Girls Night Out", devise a novel way to accumulate some cash by becoming strippers themselves.

Wed March 13 \$55/person

LEGALLY BLONDE

Elle Woods, a blonde Delta Nu sorority girl, enrolls at Harvard Law School to win back her ex-boyfriend, and strives to cope with academics, priorities, disdain and rejection - successfully! Based on the popular novel and 2001 film by the same title

Wed May 15 \$58/person

RING OF FIRE

A captivating compilation of the signature songs of iconic singer Johnny Cash, who is portrayed in various stages of his life by several cast members. You'll reminisce to those country/top 40 standards, enhanced by a live onstage country-western band.

Wed July 17 \$58/person

BALTIMORE ORIOLES VS NEW YORK YANKEES

Join us for a trip to Camden Yards in Baltimore to see the Orioles take on the Yankees. Transportation will be provided on a Motorcoach bus. We will depart from the Shepherd Stadium parking lot; please arrive 15 minutes prior to departure time. Deadline is May 3 or until tickets are sold out. Limited Quantity available. Great seats on the 1st base line.

Sunday June 30 Depart 9:00am
Game Time 1:35pm
\$80/person

HOLLYWOOD CASINO AT CHARLESTOWN RACES & SLOTS, WEST VA

Join us for a trip to Hollywood Casino at Charles Town Races and Slots. The casino features an incredibly exciting, friendly and total entertainment experience. It features over 3,500 slots and classic table games. Transportation is on a Motor coach and there will be a stop at Hardee's on the way for breakfast (on your own). Price includes \$20 worth of free slot machine play. We will depart from Shepherd Stadium parking lot on both dates.

Monday June 10 Depart 7:00am
Return 9:30pm
\$48/person

Monday Nov 11 Depart 7:00am
Return 9:30pm
\$48/person

THEME PARK TICKETS

We are proud to offer discounted theme park tickets to Water Country USA, Busch Gardens and Kings Dominion. Tickets are available for purchase in-person only at our Shepherd Stadium office. Tickets may not be returned for a refund.

BUSCH GARDENS

Fun Pass \$68
Discount Days (ages 3-9) \$41
Discount Days (ages 10+) \$51

WATER COUNTRY

Discount Days (ages 3-9) \$31
Discount Days (ages 10+) \$38
Sizzler Pass (ages 3+) \$48

KINGS DOMINION

Kings Dominion has not released their special pricing for 2013. Once the information is available we will post the special pricing for admission on our website and in our office.

LIBRARY

THE LEGEND OF KING ARTHUR

Join King Arthur and the Knights of the Round Table in this legendary story of the sword and the stone! In our quest, Merlin and Arthur battle their adversaries, Morgana Le Fay and her son, Mordred, for the rights to the sword called Excalibur and Camelot. The legend comes to life in this historic tale of medieval adventure! Through our play, we hope to encourage your children to stand up for what is right and overcome their fears. No registration is required. You may simply show up for the presentation. Presented by the Hampstead Performers.

Sat March 23 12:00pm
CH Library FREE

CLEVER CANINES

Ages: Grades 2, 3 and 4
You can sign your child up to read to a therapy dog during a 15 minute individual session. Research shows that children who are learning to read feel more relaxed and less self-conscious when reading to dogs. This program aims to improve reading skills, nurture a lifelong love of reading, and help children build bonds with dogs. All dog/owner teams have successfully completed the AKC's Canine Good Citizen Test and the Therapy Dogs Incorporated Test and regularly visit nursing homes and assisted living facilities. Register at the library beginning two weeks prior to each date.

Thur March 21 4:30-5:30pm
Thur May 16 4:30-5:30pm
CH Library FREE

FAMILY STORY HOUR

Ages: All ages welcome
Programs include stories with lots of audience participation, songs and dancing, and movement. Pre-reading skills are strengthened through story time activities. Most programs end with a simple craft. No registration necessary.

Tue-Wed Feb 12-May 15 11:00am
CH Library FREE

SUMMER READING PROGRAM

The Library will again be offering their Summer Reading Program. Check the Library's Facebook page for announcements on this program or stop by the Library to get a calendar.

SunShine 5K Run/Walk & KidS 1 Mile Fun Run

SatuRday

june 22, 2013

White bank paRK

Kids 1 Mile Fun Run Information:

The Kids 1 Mile Fun Run is a non-competitive run designed to promote fun and fitness for kids of all abilities and ages. The course will start and finish at White Bank Park. Parents must accompany athletes younger than 4 years of age. Participants do not have to obtain sponsors to participate in the Kids 1 Mile Fun Run. All proceeds are earmarked for purchase of new park Playground Equipment.

Race begins: 9:30am

Registration: \$5.00 Pre-register by June 7
\$10.00 After June 7 & Day of Race

5K Run/Walk Information:

Race begins: 8:00am

Registration/packets: 7:00am

Early packet pick-up Friday, June 21st at Shepherd Stadium, 1:00 - 5:00 pm. Course: Mostly flat loop course starts and ends at White Bank Park. Water stop at 1 mile.

Registration:

\$15.00 Pre-register by June 7

\$25.00 After June 7 & Day of Race

\$35.00 Couple registration until June 7

Both must register at the same time

T-shirts guaranteed to pre-registered runners only. Register at Colonial Heights Recreation Department's office M - F from 8:00 am - 5:00 pm through June 19, 2013.

Register Online: <https://activenet002.active.com/colonialheightsva/>

To register by mail, phone, or fax call 804-520-9390. For more information call 804-520-9390 or go to www.colonialheightsva.gov

Interested in sponsoring this event? There are many sponsorship levels available, contact the Recreation Department for a sponsorship brochure.

COMMUNITY EVENTS

EASTER EGG HUNT

Ages: Tots-5th Grade

Colonial Heights Residents Only

The Easter Egg Hunt is a "FREE" event co-sponsored with the Colonial Heights Recreation Dept. and the Colonial Heights Quarterback Club. You may pre-register or register day of event. Rain date is Sunday March 24, 1-3pm at White Bank Park.

Saturday	March 23	11am-1pm
Registration:		11am
Crafts & Games:		11am-12pm
Egg hunts start:		12pm
White Bank Park		FREE

TEEN EASTER EGG NIGHT HUNT

Ages: Middle & High School students

Colonial Heights Residents Only

The Teen Easter Egg Night Hunt is a "FREE" event co-sponsored with the Colonial Heights Recreation Dept. and the Colonial Heights Quarterback Club. All "hunters" must bring 1 bag/basket to gather eggs and 1 flashlight (9 volt battery flashlights are not permitted). Prizes include area Theme Park Tickets. Rain date is Thursday March 21, same times and location.

Wednesday	March 20	7:50-9:00pm
Registration:		7:50-8:05pm
Hunt Begins:		8:10pm
Community Center		FREE

HEADQUARTERS DAY

Displays by area museums/parks - including Richmond National Battlefield, Petersburg National Battlefield and Prince George Heritage Center. Other activities and displays to include a military encampment, period music, firing demonstrations including a Gatlin Gun, kids activities and much more family fun. This event is FREE and open to the public.

Saturday	Aug 10	10am-5pm
Sunday	Aug 11	10am-5pm
Violet Bank Museum		FREE

ADOPT-A-ROADWAY ANNUAL CITYWIDE SPRING CLEAN-UP DAY

This event is intended for the "Adopt-A-Roadway" program here in the city. We will meet briefly in the Community Center Room on Roanoke Avenue where the Mayor will provide the kick-off speech for the day's activities. Refreshments and t-shirts are provided for the participants. If your organization wishes to attend, please fill out a registration form and submit it to the Public Works Dept. If you have questions or need additional information, please call the Public Works Department (804) 520-9372, Monday through Friday 7am-3:30 pm. or email dixonp@colonialheightsva.gov.

Saturday	April 27	8am-12pm
Various Locations		FREE

COLONIAL HEIGHTS FIRE DEPARTMENT ANNUAL COMMUNITY COOKOUT

Menu includes steak, baked potato, salad, rolls, drink and a dessert. Children under 12 eat free with hot dog and chips provided. Dinner takes place at the Dunlop Farms Fire Station #2 located at 215 Dunlop Farms Boulevard in Colonial Heights. Contact 520-9387 for more information and to get tickets.

Wednesday	May 15	5-7pm
Fire Station #2		\$15/ticket

NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

This initiative addresses a vital public safety and public health issue. More than seven million Americans currently abuse prescription drugs and studies show that a majority of abused prescription drugs are obtained from family and friends, including the home medicine cabinet. In an effort to address this problem, DEA and the City of Colonial Heights will conduct another National Prescription Drug Take Back Day. The purpose of this National Take Back Day was to provide a venue for persons who wanted to dispose of unwanted and unused prescription drugs.

Saturday	April 27	10am-2pm	FREE
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Event will take place at the Toys R Us/ Ashley Furniture Parking Lot at Southpark Mall



Movie Under the Stars @ Shepherd Stadium

Ages: All ages

Gather the family, grab a blanket and spend Saturday nights watching movies under the stars on a 26-foot screen in Shepherd Stadium.

Sun	April 7	8:00pm;	Rain Date	Thurs May 23
Sat	June 22	8:45pm;	Rain Date	Thurs June 27
Sat	August 24	8:00pm;	Rain Date	Thurs August 29
Fee:	\$2.00 Adults \$1.00 children under 12			

Doors open 45 minutes prior to Show Time.
Tickets can be purchased in advance or at the gate. Cash only at the gate. Advance Ticket packages: \$15.00; includes 4 admittance tickets, 4 hotdogs, 4 drinks, & 1 popcorn. No outside food or beverages. Concessions available for purchase.

What to bring:

- Blanket/pillow to lay on or chair to sit on.
- Blanket to wrap up in. It may get quite chilly at night!
- Items to pass the time: card games, book.
- Umbrellas if light rain

Event Guidelines:

- Event staff hold the right to deny admittance and remove patrons.
- Shepherd Stadium is reserved exclusively for use on designated Saturdays.
- Movies Under the Stars is open to the public
- Participants must be 16 or older or accompanied by an adult at all times.
- Food, Drinks & Alcoholic Beverages are not allowed.
- This is a smoke-free event, except in designated smoking area.
- High winds and lightning, not rain, are causes for cancellations.



Back to School Festival

Thursday August 8

White Bank Park

6:00 - 8:00pm

Rain date is August 15th

Colonial Heights Residents Only!



Colonial Heights Recreation and Parks

in conjunction with several businesses, city departments and civic organizations will hold the 6th Annual Back-to-School Festival.

Activities include: Face painting, Balloons, Crafts, Moon Bounce, Spin art, and carnival games. Prizes include: School supplies, Treasure Chest, and certificates to local businesses.

FREE Back to School Festival t-shirts to the first 100 students to attend! Pre-register to eliminate long registration lines and to receive a pre-registration prize. Parents can purchase extra items for a nominal fee.

youth baseball opening day 2012

Saturday April 27
10:00am
Shepherd Stadium

Come join us as we kick off the 2012 Youth Baseball Season at Historic Shepherd Stadium. We will have our opening ceremonies beginning at 10:00am, followed by the opening of regular season league play for all scoring leagues. Games start at Noon. Concessions will be available inside Shepherd Stadium all day.

Free

JULY 4TH FIREWORKS

The City of Colonial Heights will sponsor a fireworks display on Thursday July 4th in the vicinity of Charles Dimmock Parkway in Colonial Heights. Fireworks will start at approximately 9:15 pm. Viewing for the fireworks will be off Interstate 95, Exit 53 or 54 in the Southgate Square/Wal-Mart Area. Bring blankets and/or lawn chairs. Rain Date: Friday July 5th. For more information, please contact the Colonial Heights Recreation & Parks Department at (804) 520-9390.

Thursday July 4th
Time: 9:15 pm

Rain date: July 5, 2013

FREE

